

May 2017

The magazine for women.

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Retired Rear Admiral Kate Gregory now in leadership role at ISU

Mulet took a unique path to the military

A brief history of the Remembrance poppies

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Editor
Margo Niemeyer

Publisher
SCOTT ANDERSON

Contributors
MARLYS BARKER
AUSTIN CANNON
AUSTIN HARRINGTON
RONNA LAWLESS
DAN MIKA
GRAYSON SCHMIDT

Tribune Editor
MICHAEL CRUMB

Photographs
DAN MIKA
CONTRIBUTED PHOTOS

ADVERTISERS
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First off, I want to say thank you to all those who are currently serving or have served in the military. You do so much for the country and those who live here.

There have not yet been any women in my family who have felt the need or had the want to join the military. But, my grandpa was a Seabee in the Navy. The stories my grandma told about his time in the Navy instilled a sense of honor and respect in me, my sister and my cousins. We are proud to tell people about our grandpa anytime the military comes up in a conversation.

I don't have the guts to be in the military, but I do hope to see the young girls in my family consider it when they are old enough.

In reading the stories and memories of the women in this month's issues I have found that I envy them! It is not so much a surprise that I envy someone in the military — like I said, I don't have the guts — but the experiences these women have had and will have are exciting.

We have stories about women who have retired in the military and one who served during the Vietnam era. We also have stories about women who are just starting out in the ROTC program at Iowa State. Their military journeys are just beginning.

On page 26 there is a list of services for Veterans in need. If you are a Veteran or know someone who is, please take the time to look into these services or direct your friend to them. These services are here specifically to help you. You have done so much for our country, take advantage of the services provided for you.



On the cover: PEARL HARBOR (July 9, 2010) — Rear Adm. Katherine Gregory walks through the sideboys after assuming command of Naval Engineering Command Pacific (NAVFAC PAC) during a change of command ceremony at Commander, U.S. Pacific Fleet Headquarters. Gregory is the first female flag officer in the Civil Engineer Corps. Photo by U.S. Navy Mass Communication Specialist 2nd Class Robert Stirrup

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women in the military

Tracy Cagle with her therapy dog Duchess. Cagle was an Army medic from 1984 to 1990. Photo by Dan Mika/Ames Tribune



From ‘prissy girl’ to Army medic: Ames woman recalls her time in service

women in the military

BY DAN MIKA
GateHouse
Iowa

Tracy Cagle felt like she was living too sheltered a life.

She was 22 years old, living in Utah with her family and had no idea what she wanted to do with her life. So Cagle, with her long, blonde Farrah Fawcett hair and blue contacts, did something she had convinced many of her friends in high school not to do.

"I decided I had had it and wanted to get out of Utah, and I just went and joined the Army," she said.

Cagle, who now lives in Ames, spent six years as a medic with the U.S. Army.

Cagle quickly found herself in a new world, one she didn't fit into right away. She was a self-described "prissy girl" and brought a bag of personal items, including monogrammed towels, into the recruiting office. They were stolen the first day.

"If I ever went to jail, if I looked that way, they would ask me, 'What'd do you? Break a nail?'" she said. "They didn't expect someone so vain."

Cagle was sent to Fort Jackson in South Carolina on Valentine's Day 1984, the first year the fort began integrating the sexes in basic training.

Basic was a struggle for Cagle, who came in without much upper body strength and couldn't seem to develop it. By week seven of the eight-week schedule, she could do the required situps and runs, but couldn't do a single pushup.

When Cagle decided to "recycle", or start basic training all over again, she caught the eye of a drill sergeant and his wife. Each night after lights out went into effect, the couple woke up Cagle and brought her to a makeshift gym they set up, featuring a bench press bar made out of a broomstick and coffee cans filled with concrete.

One week later, Cagle was able to do five correct pushups.

The couple's belief in Cagle fueled her training, and she became a squad and platoon leader during her second round of basic.

After four months at Fort Jackson, Cagle was on the verge of graduating basic training. On the morning of graduation, the commander of the camp called her into his office to ask if she would rather graduate with her friends, or fly out to see her sister in Wyoming for two weeks with a plane ticket they purchased for her.

"They believed in me and there was no way I was going to let them down," she said, her voice slightly cracking. "My sister died not too long after that."

After training, Cagle went to work as a medic at the William Beaumont Army Medical Center in El Paso, Texas. She began in the critical care unit and was later promoted to head of triage. During her final year in William Beaumont, she was put in charge of the endocrine clinic, which cared for

troops with diabetes and other difficult-to-treat conditions.

Throughout her career with the Army, Cagle had mentors who believed in her abilities and kept her going. Cagle said that support, from the sergeant who gave her improvised weights in basic training to the medical officers who promoted her through the ranks in El Paso, changed the way she views the world.

"Them believing in me through all of this made me feel so much better about life and everything," she said.

Cagle retired from the Army in 1990 and got a civilian nursing license in both Iowa and Indiana, but was called back by the Ready Reserve in the aftermath of the U.S. invasion of Panama and later did a stint of civil service in Germany.

Cagle then spent much of her career post active duty working at Veteran's Affairs clinics around the country. She eventually settled in Ames after her father died in 2013, and to be closer to her siblings.

She said the biggest misconception the public has about military life is the effectiveness of the VA. At one point after her service, she was disabled and her husband was sent to prison for methamphetamine production, leaving her homeless from the fall of 2006 to the summer of 2007 when she was living in Washington state.

"The VA paid for a room at the Salvation Army and I got myself up every day and tried to get myself out of the situation," she said. "I think a lot of people don't know what the VA may hold for them when they finish with their service."

However, she thinks the various departments of the federal government could sometimes work together more closely to support veterans.

She recalled an incident in 2007, when she was living with the Salvation Army and joined a program that gave the homeless a chance to open a bank account with five dollars. A bank robber, who was released from prison a week earlier, held her and other customers at gunpoint.

After the robber left, FBI agents began to interview Cagle and other witnesses.

"(An FBI agent) said, 'Oh, you're a veteran! Why don't you go get help at the VA? We don't have to give you victim services,'" Cagle said. "I said I don't think that's how it works... The FBI was just trying to fluff it off and it's just not cool."

Cagle encourages every veteran to call their local VA office to determine what benefits they may be eligible for.

"If you just ask, and if they see you're trying to make things good for yourself, they will help you," she said.

The Story County veteran's office can be reached at 515-956-2626.

women in the military

BY MARLYS
BARKER
GateHouse
Iowa



Shannon Writt shaking hands with former professor of military science, LTC Smith. Photo contributed by Shannon Writt

It's not easy, but female ROTC member doesn't regret joining the military program

Shannon Writt, 22, a senior biology major at Iowa State University and a member of the university's Reserve Officers' Training Corps (ROTC), said she wishes she had a more profound or touching story about why she went into the military.

"I actually have been asked this on a number of occasions and still feel like my answer isn't very good," said the Carol Stream, Ill., native. "I wish I had some touching ... story about wanting to follow in a family member's footsteps, but I don't."

Bottom line, Writt wanted to be a veterinarian, and while in high school, she discovered the veterinary corps and found out the veterinarians were officers. "So I decided to join ROTC in undergrad," she said.

She wanted to be a soldier, too, she admits, so it all came

together nicely and it's worked out well for Writt, who plans to graduate this May and then continue her eight-year commitment by being commissioned into the Iowa National Guard as an Adjutant General Officer.

"As cheesy as (this answer) is," she said, when asked what the ROTC program has done for her, "I think I've learned so much about myself."

Through being in the program and taking around 20 credit hours a semester, as well as working about 30 hours a week at her civilian job, Writt said she has really learned what her body and her mind can handle. "More importantly," she added, "I have learned how to effectively work in a team work environment when I'm under a great deal of stress."

In a very general way, Writt describes how the ROTC



Shannon Writt during leadership lab. Photo contributed by Shannon Writt

program — which attracts far fewer females than males — works.

"Each class has its own curriculum and set of responsibilities, but everyone has physical training on Monday, Tuesday, Thursday and Friday at 0600; Leadership Lab on Wednesday afternoons, and a classroom-based class with an instructor," she said.

Furthermore, Writt said the MSIVs (seniors) hold battalion-level and many of the company-level positions and do much of the planning for events. MSIIIs (juniors) hold some company-level positions and most platoon-level positions and execute the plan set in place by the seniors. The younger ROTC members participate in the training opportunities and learn as much as possible to be able to take charge of the roles they will hold in the future.

Of the 30 cadets in her class, Writt said, only three are females, and that number is pretty typical.

"Being a female in the military is hard, yes....," Writt said, but she doesn't want that to stop other young women from doing what she and other females have proven can be done. "Being in the military and serving your country and community is so much bigger than you. If serving in the military is something you really want to do, you have to know that it will not always be pretty and it will not always be fun, but when you take a step back from it all, you will realize it is all worth it."

Her advice to young women who are considering military service, "Find yourself a female mentor who has learned the art of balancing 'demanding respect' without being hated. It is a much trickier balance than anyone gives female leaders credit for," she said.

Her goals are to be one of those female mentors for others. "I hope to be the kind of officer and leader that others look up to and use as an example of what 'right' looks like," she said. And on the civilian side, her goals of being a



Boy Scout winter survival. ROTC hosts a yearly event for Boy Scouts in the area and teach them how to survive outdoors in the winter. Shannon Writt helps teach the first aid class. Photo contributed by Shannon Writt

veterinarian and having her own practice some day are still front and center. She said she hopes to use the leadership skills she has learned in the Army to successfully run her veterinary business and lead her business team.

Writt agrees the ROTC program offers great financial benefits, as well, but it's a lot of work. To those willing to put in that work, though, she said, the decision is one they likely won't regret.

"I'd say by far the best thing that I have experienced in the program is finding that group of friends that is more like family. Unfortunately, I happened to become close with friends that are all older than me, so the Army has sent them all over the world already." She said one of her best friends is in Germany now. "But, we are all still extremely close, and I know that if I ever needed anything, I have a group of people I can rely on unfailingly."

women in the military



Photo contributed by Beth Hartmann

Hartmann uses ISU military experience to mentor ROTC Cyclones

BY GRAYSON SCHMIDT
GateHouse Iowa

“You’re always learning something new and always being challenged, which was very agreeable with my personality. I really thrived in that atmosphere, and it was just fun.”

When Iowa State Senior Lecturer in Civil, Construction and Environmental Engineering Beth Hartmann decided to join the Navy ROTC program at ISU as a student 30 years ago, she had no idea that decision would lead her on a 20-year military career that would ultimately bring her back to Ames.

Now instead of actively serving, she gets to mentor other young people who are in the exact same shoes she stood in three decades ago. And whether she is mentoring men or women, her message has always remained the same, as it is what drove her to serve her country.

“The military isn’t for everyone; it’s not for every man,” Hartmann said. “It’s for the right type of person who really wants to serve their country.”

Hartmann said that as many college freshman do, she joined the Navy ROTC program for the scholarship, and figured that she would pay back what she owed and move on. But shortly after joining, she said the camaraderie and the meaning behind what she was doing ultimately made her pursue the military as a career.

“Little did I know that I would love it, and then I decided that I loved it so much, that I would stay in for 20 years,” Hartmann said. “I loved the family feel of serving with others, and the common mission.”

Upon first entering the ROTC program, Hartmann said she noticed the lack of women, and that some positions were strictly for men. However she said once she got into the working world she did not notice a stark difference between the way she was treated, compared to her male co-workers.

“I can say that with 100 percent clarity that in my work life, and all the jobs I had, I was an equal,” Hartmann said. “I never felt like anybody said that since I’m a female I had to be treated differently.”

After graduating college in 1989, Hartmann served in the Navy Civil Engineer Corps, which would lead her to five different locations around the country (Florida, Illinois, Iowa, California, Tennessee, Washington D.C.), and one internationally (Greece).

Hartmann retired from the military in 2009 and moved back to Ames to work for ISU. She said that she loved her line of work because it challenged her constantly and forced her to adapt to various situations out of her comfort zone.

“You’re always learning something new and always being challenged, which was very agreeable with my personality,” Hartmann said. “I really thrived in that atmosphere, and it was just fun.”

Hartmann said that from her career, she said she has seen just how much has become available for women in the military. She said that even with the lower number of midshipmen today (roughly 30 to 40, compared to 200 when Hartmann was in school), she feels that women are making up a greater percentage than when she joined.

“That culture of ‘Oh you’re a woman so you’re probably not in the military,’ has totally shifted now,” Hartmann said. “It’s definitely still male-dominated, but there are more women thinking about serving, and wanting to serve than before.”



PEARL HARBOR (July 9, 2010) — Rear Adm. Katherine Gregory walks through the sideboys after assuming command of Naval Engineering Command Pacific (NAVFAC PAC) during a change of command ceremony at Commander, U.S. Pacific Fleet Headquarters. Gregory is the first female flag officer in the Civil Engineer Corps. *Photo by U.S. Navy Mass Communication Specialist 2nd Class Robert Stirrup*

BY RONNA
LAWLESS
GateHouse
Iowa

Retired Rear Admiral Kate Gregory now in leadership role at ISU

R etired Navy Rear Adm. Kate Gregory's military career took her all over the world and afforded her many command positions and other leadership opportunities.

Now in a leadership role at Iowa State University, Gregory is using her engineering prowess and management experience in a civilian capacity.

Gregory retired from the U.S. Navy in December of 2015, where her most recent command was Naval

Facilities Engineering Command (NAVFAC) and chief of civil engineers, a post she'd held for more than three years.

Prior to that, Gregory served in a variety of positions, including in Yokosuka, Japan, where she was the resident officer in charge of construction. As the engineering and planning officer, she served in Naples, Italy. She also served in Adak, Alaska, and Pearl Harbor, Hawaii.

Some of the work of naval engineers is easy to see, such

as building facilities for Sailors and Marines. They also do humanitarian and civic-action projects — like providing clean water to civilians, or building hospitals, clinics and orphanages.

In the mid-1980s, Gregory began working with the Seabees, which are the construction battalions of the Navy. In her first tour with the Seabees, beginning in 1986, she served as a company commander, assistant operations officer and detachment officer in charge of Amphibious Construction Battalion One.

She then transferred to Washington, D.C., serving as a Seabee action officer at the NAVFAC headquarters.

"All the major world events — like Katrina, like the Banda Aceh earthquake, like the tsunami in Japan — Seabees were involved in all of those," Gregory said on a Navy video, "Honor.Purpose.Challenge: Women of the Seabees and Civil Engineer Corps."

Throughout her Seabee tours, she deployed to the Western Pacific, Mediterranean, Iraq and Haiti.

In 1999 Gregory reported to Naples, Italy, as the officer in charge of construction, responsible for building a support base and hospital.

In 2010, Gregory was promoted to the rank of Rear Admiral and assumed command of NAVFAC Pacific, in Pearl Harbor, Hawaii. NAVFAC Pacific is a command of approximately 4,000 military and civilian men and women who work for NAVFAC Pacific and its three Facilities Engineering Commands in Hawaii, Guam and Japan.

Gregory is the first female flag officer in the U.S. Navy Civil Engineer Corps. A flag officer is a commissioned officer who is senior enough to be entitled to fly a flag to mark the position from which they exercise command.

Originally from St. Louis, Mo., Gregory graduated from the U.S. Navy Academy in Annapolis, Md., in 1982, where she earned a bachelor's degree in general engineering. She also earned a master's degree in systems management from University of Southern California, and a master's in construction management from George Washington University.

Gregory believes in the importance of science, technology, engineering and math education for young people — especially for girls. She is especially enthusiastic for women to choose engineering professions.

"First of all, engineering is fun, and many of the games people play, the puzzles people do, the things that people enjoyed doing as kids, relate back to engineering and the sciences," Gregory said in an interview with Seabee Online. "It is a fun profession to not only be in, but to excel."

Second, Gregory points out that studying engineering provides a person with logic that can be used for solving problems in any field.

"Third, and the thing that appeals to me the most being an engineer, is that being in construction gives you the training and the skills to do so many things in life that are useful and helpful in and outside of the military," Gregory said.



Photo contributed by Kate Gregory

"Most important, I just think that having an engineering, math or science background will give you the skills to do so much in life, while you figure out your heart's desire," she said.

After retiring from the armed services, Gregory came to ISU, where she is the first person to fill a new position at the university. She is Iowa State's first senior vice president for university services. The new post was created last year when ISU reorganized after the retirement of Warren Madden, longtime senior VP for business and finance.

As the senior VP for university services, Gregory oversees seven units: facilities planning and management, business services, environmental health and safety, public safety, Reiman Gardens, University Museums and WOI radio group.

Gregory's advice to women transcends career fields:

"You have to go out every day and do your best at everything you do. I think if you take that approach, you will not only reach the goals that you set yourself, you will find that doors will open for you that you never thought possible," she said. "You also will find people who want to help mentor you, some you might have not thought possible."

"They will be impressed by your hard work and determination, and will notice your abilities to work through challenges and achieve your goals. Have the discipline to do the best at everything you do. I want to encourage every person to try to do your best. It should be a matter of personal course in leading your life. It will help you achieve anything you want, and sometimes more than you want."

women in the military

A close-up photograph of a woman in a military flight suit and helmet. She is looking upwards and slightly to her right with a neutral expression. The background is blurred, showing what appears to be a cockpit or aircraft interior.

Mulet shares unique path to military

Photo contributed by Suzanne Mulet

women in the military

Capt. Suzanne Mulet will be the first one to tell you that her path to the military was a bit unconventional. Though she grew up with a deep sense of patriotism, the Iowa State Navy ROTC Marine Officer Instructor did not join the Marine Corps until she was almost 30.

"(You have to) do it for the right reasons," Mulet said. "Don't do it because of the money for college, or any of that. Do it because you want to serve your country, because you're patriotic, because you want to be a good leader."

New London, Ohio native said her patriotism was instilled in her at a young age by her father, who served in Vietnam. She said he shared numerous stories with her while she was growing up, which she felt bonded them. Though, when it came time to join the military, it was her father who suggested she go to college instead.

"I always dreamed to follow in his footsteps, but it took me awhile," Mulet said.

Following her graduation from Ohio University, she met her husband, who happened to be a Marine recruiter. Mulet then received her Master's degree from Bowling Green State University, and taught English for over four years before she decided to give the military a try, to the hesitation of her husband.

"I would talk to him a lot about going into the military, and my husband said, 'You're getting a little old, so if you want to do it you better make that decision now,'" Mulet said. "He said that I had his support, so I went ahead and did it."

When she first joined, Mulet said that women and men being split up did not necessarily bother her, it was the fact that she was getting yelled at by drill instructors much younger than her.

"It was kind of challenging to have that humility, and just take it and move forward, and not take offense to it," Mulet said.

But that attitude is what she said helped her finish off training, which saw only 23 of 63 women complete. And though she said that there was a sense of pride to those who finished, that was increased given what the women had to go through compared to men. While men had the numbers to spread out night watch duties, she said women were standing guard every other night in hour increments.

"It was pretty taxing, and the males



didn't have to deal with that as much," Mulet said. "That was a challenge, though I wouldn't say we were treated any different."

In her seven-year career, the Marine Corps has sent Mulet to Florida, South Carolina, Afghanistan and currently Iowa, where she said she hopes to stay.

As a woman, and someone who not only joined later in life, but also has been deployed to a combat zone, Mulet said that she is able to connect with a wide variety of students at ISU. Most recently she said she has had the opportunity to mentor three young women who are working to graduate through the Marine option pipeline, and get commission.

"It's kind of unique that they finally get a female perspective with what the military might be like in that sense," Mulet said. "Certainly they have a lot of questions from the female aspect, but I don't think that they realize that it's not as important to have someone that's the same sex as your mentor; it's important to have someone who cares about the organization."

BY GRAYSON
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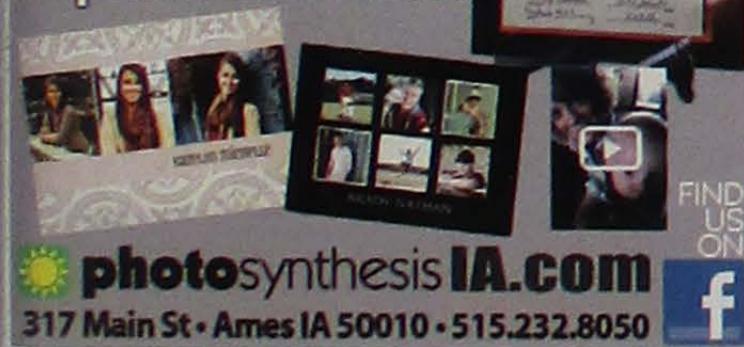
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women in the military



*Photo
contributed
by Kathy
Orcutt*

Orcutt remembers her experiences as a Vietnam-era woman in the Navy

When people think of Vietnam-era veterans, the women who served in that time period are rarely the first thought. But women like Kathy Orcutt, 64, of Nevada remembers the time fondly.

Orcutt served in the Navy from 1971-74 but because of the gender rules about women in combat at the time, she was never sent to war.

Orcutt said she was first drawn to military service, not solely out of sense of patriotism or a call to duty, but she initially enlisted out of a need for adventure.

"I was one of nine kids. There wasn't minivans and things when we were growing up, so we didn't go on vacations or anything. So I always said I was going to go in the military ... because the thing was, join the Navy and see the world, so that's what I did," Orcutt said.

Orcutt said that she grew up in Davenport and she knew from a young age that she wanted to see what was outside of the Quad Cities.

"I said, well that's what I'm going to do, I'm going to see something besides Davenport, Iowa," she said.

So after enlisting, the first place that Orcutt saw was boot camp in Maryland.

"It was an all female boot camp back then," Orcutt said.

Orcutt said that she was homesick during that time, but fought through where other women she knew struggled.

"It was just all females but you know there were girls there that tried to commit suicide," Orcutt said.

Orcutt said that she didn't believe it was that difficult but some of the women found it harder than others.

"But it wasn't anything like they do now because they do they obstacle course and climb under the wire and everything. Back then it was like the only thing we had to really do was do the swim, you had to be able to swim in order to graduate," Orcutt said.

Orcutt added that she believes women today

"But it wasn't anything like they do now because they do they obstacle course and climb under the wire and everything. Back then it was like the only thing we had to really do was do the swim, you had to be able to swim in order to graduate."

face a much different situation than she did when she was going through boot camp. In many ways, women today have it much more difficult, Orcutt said.

"When we were in boot camp, we didn't have to worry about men degrading us and you go aboard ships and stuff," Orcutt said. "I'm glad I was out by that time because I just don't think it's a setting that women should be in. It's just a call for disaster to me. You know all the things that are going on now with the military and the Marines. He said, she said and rape and stuff. It's just a disaster."

Even though Orcutt said that she believes the military environment may be worse for women today, she said that she still would encourage women to join because of the experiences she had.

"I would tell them to go. I think every teenager, as soon as they graduate from high school should have to go to boot camp," Orcutt said.

According to Orcutt, if she had it to do over

women in the military



Photo contributed by Kathy Orcutt

ORCUTT continued from page 19

again, she would have stayed in the service.

"I enjoyed it, I wish I would have stayed in actually," Orcutt said.

However, at the time Orcutt didn't have that option because while she was in the military she met her first husband and became pregnant, which meant she could no longer serve her country.

"But now, you get pregnant and you just go along about your life," Orcutt said.

However, before leaving the military, Orcutt had the chance to fulfill her dream of seeing the world when she

was sent to Italy.

"It was really interesting. While we were there we went to Sicily, we went to Greece for like a week and had a vacation in Greece," Orcutt said. "And we did travel in Italy quite extensively, from one end to the other."

During that time, Orcutt also had a chance to play in a softball tournament against teams in Sicily.

"We rode a train and it was just really an experience that I might not ever had gotten to do anywhere. It was really exciting and memorable," Orcutt said.

The trip was also successful for the team, she remembered.

"We won it," Orcutt said. "I had a good time."

College sophomore finds future in ROTC

BY AUSTIN HARRINGTON
GateHouse Iowa

After two years in college, Iowa State University Student Hannah Nehring made a decision that most women in the early 20s don't consider after finishing their sophomore year. She joined the National Guard. At the time, it probably seemed to many that Nehring may never return to her studies, but while in basic training she found a way to pursue both endeavors.

"While I was at training, some of my peers were talking about going back to college and joining ROTC. I figured that it would be a great opportunity to advance my military career by becoming an officer while finishing up my degree," Nehring said.

Now a 22-year-old senior at ISU with a double major in psychology and criminal justice, Nehring said ROTC has been a big influence on her life and the direction she plans on going after she graduates.

"Being in ROTC requires you to hold yourself to a higher standard. You have to maintain certain physical standards, and you have to maintain a professional and military bearing at all times," Nehring said.

Nehring, who grew up in Ankeny as the oldest of five children, said that while ROTC allows her to grow as an individual, it also causes her to lead a much different life than the typical college student, including a day that begins in the early morning hours.

"Mandatory classes include physical training four days a week from 6 to 7 a.m., military science courses, and leadership labs. On top of these courses, we are highly encouraged to hold leadership positions on campus, volunteer and participate in a variety of extracurricular activities," Nehring said.

According to Nehring, that dedication has pushed her to strive for her goals.

"I am more focused on setting myself up for a successful future," Nehring said.

Both of Nehring's grandfathers served in the military, but outside of that she said that it was a different



Hannah Nehring has served in the National Guard since her sophomore year at Iowa State University, where she also takes part in the ROTC program.

Photo contributed

experience that got her interested in wearing the uniform.

"I didn't think of joining the military until my sophomore year of college. My younger brother had a recruiter come to our house, and I was eavesdropping on their conversation. I heard about all of the benefits and decided to give it a try," Nehring said.

She entered the Guard as a medic before going back to school in the ROTC program. She said that being around like-minded people has helped her keep focused in both pursuits.

"My favorite part of ROTC is being surrounded by people who have similar interests and goals. I know that I can depend on my military friends for just about anything and everything," she said.

However, there are some parts that she wishes she could avoid, including some of the jobs that ROTC members are given throughout the fall months.

"I dislike working football security," Nehring said. "It is one of our primary sources of funding, but I would much rather be watching the games."

According to Nehring, there are many things like providing security at football games that members of the

ROTC do on a regular basis, but there are also many things that people have misconceptions about when it comes to ROTC.

"I think a common misconception would be that ROTC members have to go active duty once they graduate and commission. Active Duty is an option, but you also have the opportunity of joining the National Guard where you can work on the civilian side full time then fulfill your National Guard obligation on top of that," Nehring said.

As for her, she does plan on moving to active duty following graduation, but she won't be the typical soldier that most people think about when they think about the military.

"I've heard is that joining ROTC means that you're enlisting in the Army. If you decide to commission upon completion of the ROTC program, you will be an officer, not an enlisted soldier. Officers do more of the planning and managing whereas enlisted do more of the hands on work," Nehring said.

Nehring said that she's ready for that challenge, because if there's one thing she seems to be very good at, it's planning for the future.



Photo contributed by Amy Rosenberg

BY AUSTIN
CANNON
GateHouse
Iowa

Rosenberg enlisted with the Navy, saw the world

Not unlike many other Midwest high school graduates, Amy Rosenberg wanted to get out and see the world.

It was 2001 and she was 18 and had just graduated from high school in Nevada, looking forward to the “bigger and better things” around the globe. The Navy offered that opportunity, and Amy Rosenberg became Petty Officer Second Class Amy Rosenberg.

“Honestly, I loved everything about it,” she said.

After climbing about the USS Abraham Lincoln the October after she graduated (still 18), Rosenberg helped launch planes off the aircraft carrier for four years, met President George W. Bush and, yes, saw the world, making stops in Bahrain, Hong Kong, Singapore, Australia and Hawaii.

Her job on the carrier was to make sure the equipment necessary to launch the aircraft — F-14s, F-18s, C-2s and S-3s — and then catch them upon landing was in working

order. To help civilians relate, she turns to a certain power ballad-accompanied opening movie credits.

“I always tell people who aren’t familiar — kind of like what you see at the beginning of ‘Top Gun,’” she said.

The hours were long, the work physically taxing and dirty, but she loved it. When the Lincoln was at sea, it would conduct routine operations — practice — to make sure it could go wherever it was needed at a moment’s notice, whether that was in the Pacific Ocean or the Persian Gulf.

The gulf was where the carrier was stationed in March 2003, the beginning of Operation Iraqi Freedom, then the task of overthrowing dictator Saddam Hussein and finding the weapons of mass destruction. The Lincoln was one of the carriers that participated in the conflict’s initial “shock and awe” bombing.

“That was kind of exciting,” Rosenberg said. “You’d go on the flight deck and launch some Alert 15 aircrafts.”

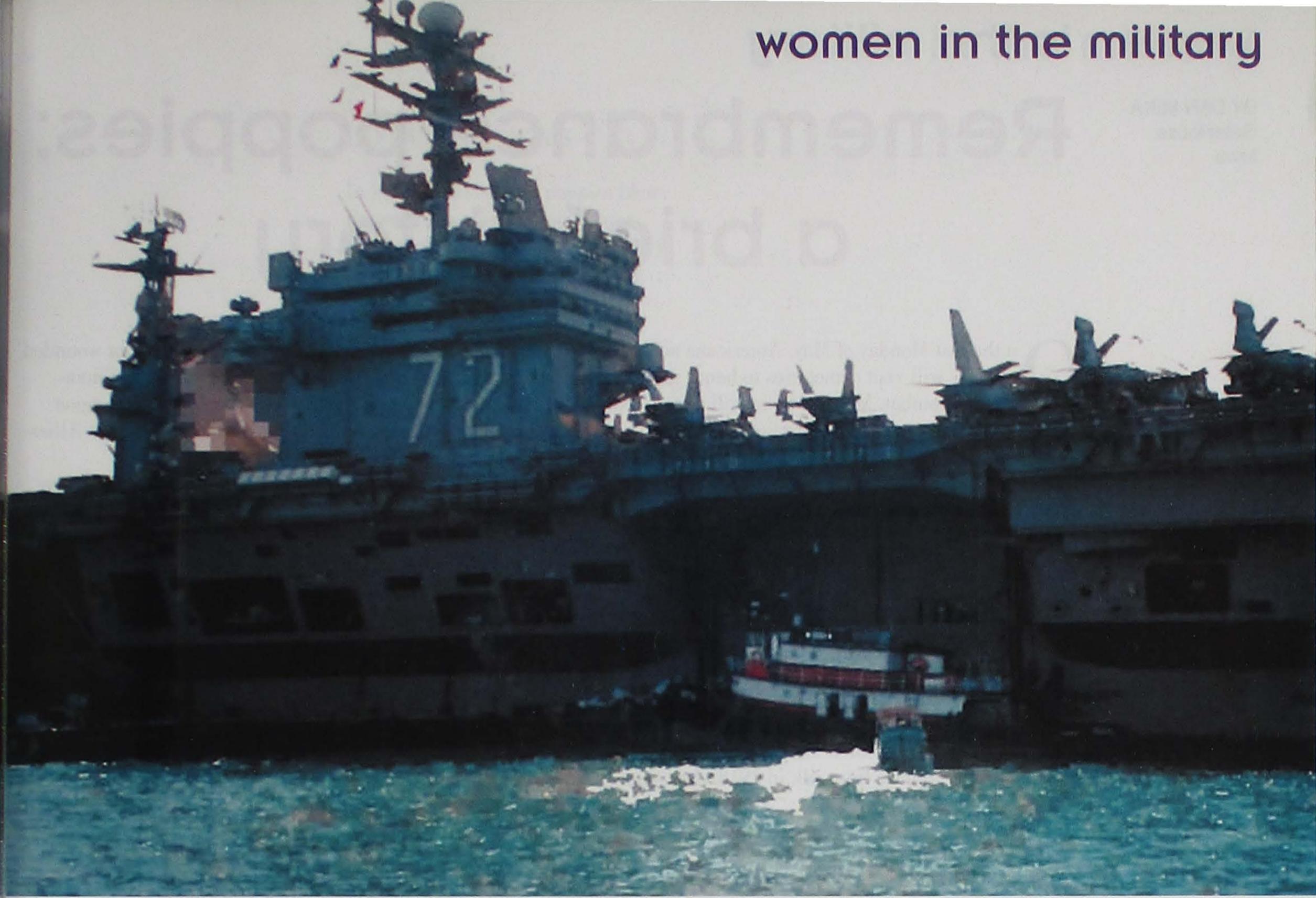


Photo contributed by Amy Rosenberg

Then you'd get to go downstairs and turn the news on and see what they were doing over there."

Less than two months later, Bush landed on the carrier — in a fighter jet — off the coast of California. In a speech, he said U.S. forces had prevailed, standing beneath the ill-advised banner that read "Mission Accomplished." The war lasted another eight years.

Rosenberg was one of the service members standing behind him that day. She got to shake his hand.

"Honestly, political view aside, it's pretty cool to get to meet the president," she said. "It was exciting."

She unsurprisingly served in a male-dominated department and said she became a sort of little sister to some of the men she served with. The job was grueling, and she can remember how one particular maintenance operation took all night, she and her compatriots posing for a photo as the sun came up. But it's still one of her favorite memories.

And while she never faced any sexual harassment, there were some men on board who weren't fans of hers.

"There were also people who didn't like the fact that I was motivated and I got qualified as quickly as I did," Rosenberg said. "There were some people who didn't like

the fact that I was female and doing what I was doing, but I didn't really let it bother me. So it didn't."

And she does worry about sexual harassment within the military, which has surfaced as an ongoing problem over the past few years. Rosenberg wishes there would be a better reporting system.

But she said she'll still encourage both her daughters to enlist. They now live in Nevada after Rosenberg came back to Iowa when her enlistment was up. She works for Kreg Tools and serves on Story County's Commission of Veteran's Affairs, on which she helps fellow veterans who are asking for help with money or healthcare.

And yes, after seeing the world for four years, she came back to Story County.

"It was definitely the best experience of my life," she said. "I got to see the world; I got to travel; I also, while I was gone, I grew an appreciation for my hometown, for Iowa in general. I left thinking, 'Ugh, I hate this place, there's nothing to do, it's so stupid.'

"But when it was time to get out, it was like, 'Oh, you know what? It's not bad.' I love that I can't go anywhere in Nevada without seeing somebody I know, and I really appreciate that now."

BY DAN MIKA
GateHouse
Iowa

Remembrance poppies: a brief history

On the last Monday of May, Americans across the country will visit cemeteries to honor soldiers who died in combat. Many of them will wear a red artificial flower, known as a remembrance poppy, on their lapels to carry on a tradition of honoring the dead that has lasted for over a century.

The red poppy emerged in 1915 as a symbol of remembrance for soldiers killed in battle after Canadian Lt. Col. John McCrae published "In Flanders Fields" after presiding over the funerals of comrades during World War I. The poem's imagery of red poppy flowers blooming over the graves of soldiers and in the trenches was instantly popular amongst troops and citizens on the home front, and was later used to galvanize war efforts by the U.S. and Commonwealth countries.

American professor Moina Michael developed the idea to manufacture poppies from silk in 1918 after reading

"In Flanders Fields" as a way to raise money for wounded veterans returning from the war. Since then, the man-made poppies have been sold by the American Legion Auxiliary and other patriotic women's groups from Allies-aligned countries.

The red poppy remains a major motif worn by observers in the days leading to Memorial Day in May within the U.S. and Remembrance and Veteran's Day in the Commonwealth and the U.S. respectively in November.

However, some groups in Great Britain and elsewhere have disavowed the red poppy, saying it has become a symbol to rally public support behind current military operations instead of remembering those who lost their lives. A group of British veterans sent a letter to newspaper The Guardian espousing those ideas in 2010, and several pacifism supporters have worn a white poppy to promote peace alone or alongside the red poppy.



IN FLANDERS FIELDS

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks still bravely singing fly
Scarce heard amid the guns below.

We are the dead: Short days ago,
We lived, felt dawn, saw sunset glow,
Loved and were loved: and now we lie
In Flanders fields!

Take up our quarrel with the foe
To you, from failing hands, we throw
The torch: be yours to hold it high
If ye break faith with us who die,
We shall not sleep, though poppies grow
In Flanders fields

— Lieutenant Colonel John McCrea
Composed at the battlefield on May 3, 1915
during the second battle of Ypres, Belgium

• • • • •

WE SHALL KEEP THE FAITH

Oh! you who sleep in Flanders Fields,
Sleep sweet — to rise anew!
We caught the torch you threw
And holding high, we keep the Faith
With All who died.

We cherish, too, the poppy red
That grows on fields where valor led;
It seems to signal to the skies
That blood of heroes never dies,
But lends a lustre to the red
Of the flower that blooms above the dead
In Flanders Fields.

And now the Torch and Poppy Red
We wear in honor of our dead.
Fear not that ye have died for naught;
We'll teach the lesson that ye wrought
In Flanders Fields.

— Moina Michael, November 1918
Michael received inspiration for this poem from
Lieutenant Colonel John McCrea's
“In Flanders Fields”

BY MEGAN
WOLFF
GateHouse
Iowa

Benefits, services available to local veterans

Story County offers several assistance programs for area veterans through Story County Veterans Affairs. Some of these include rent or mortgage payment assistance, utilities assistance, help with food and/or provisions, health care and prescriptions, transportation services, and funeral services.

In addition to county-specific programs, the Veterans Affairs office can also help veterans and family members in applying for federal benefits. Some of these benefits include compensations and pensions, record replacements, applications for the VA Health Care System and applications for the Iowa Veterans Home. To find out what programs you may be eligible for, contact Story County VA at (515) 956-2626.

Story County is a Home Base Iowa county. Home Base Iowa is a program which assists veterans and transitioning service members in finding employment and housing. Benefits through this program are relocation assistance and job placement. For more information, call the County Outreach and Special Projects Manager at (515) 382-7247.

In addition to help available in Story County, the state of Iowa also offers several benefits to veterans through the Iowa Department of Veterans Affairs. Some of these benefits are driver's license designation, education assistance, home ownership assistance, specialty license plates, property tax exemptions, and credits and lifetime hunting and fishing licenses. The IDVA can also assist with federal benefits. For information about state benefits, you can contact the IDVA office at (515) 252-4698 or 800-838-4692 and ask for a benefit specialist.

Iowa State University also has a veterans center for student veterans, military personnel and their families. They offer support for student veterans such as tuition assistance, work-study programs, weekly social dinners, and help with leaving and returning from active duty. They also provide resources and training for ISU faculty and staff to help them relate to and understand student veterans. The ISU Veterans Center is located in the Memorial Union can be contacted at (515) 294-9801.

While not an assistance program, Brushy Creek Area Honor Flight Board will offer Honor Flights for veterans to Washington, D.C. to see their respective national memorials. They offer flights for WWII and Korea veterans and Vietnam veterans. The flights are provided at no cost for participants. For further information on the Brushy Creek Area Honor Flight, contact Charlie Walker at (515) 576-0671.

BENEFITS AND SERVICES

- Story County Veterans Affairs: (515) 956-2626
- Home Base Iowa County Outreach and Special Projects Manager: (515) 382-7247
- Iowa Department of Veterans Affairs: (515) 252-4698 or 800-838-4692
- Iowa State University Veterans Center: (515) 294-9801
- Brushy Creek Area Honor Flight: (515) 576-0671

Memorial Day in Ames History

Memorial Day May 28, 1956: The Rev. Hector Thompson of Ames addresses the audience at the Memorial Day service at Municipal Cemetery. The audience, only part of which is shown, numbered about 1,000 persons.

Photos Courtesy of Ames Historical Society. www.ameshistory.org



Memorial Day May 30, 1949: The Memorial Day parade for 1949 is formed up at the corner of 6th and Kellogg with the First Methodist Church in the background ready for their march to the cemetery. Behind the color guard is the Ames Municipal Band followed by a military unit then a group of Camp Fire Girls.



Memorial Day May 26, 1913: Heading up the Memorial Day Parade, this predecessor to the Ames Municipal Band marches south on Kellogg toward Main St. past the Opera House (now The Loft). In the background is the City Hall with the one story jail next to it. On up the street the Baptist Church stands on the corner with the dome of the Methodist Church visible behind it.

BY BONNIE
BENWICK
Washington
Post

The recipe that might convince you to make Indian food at home

Are you up for some kitchen therapy? You're in - if you like Indian food, but don't cook that much of it at home, either because it calls for ingredients you don't have or ones you don't think you'll use that often.

Brooklyn Delhi co-founder Chitra Agrawal has signed on to help, via her new, first cookbook. This dish, from "Vibrant India," features a spiced spring vegetable stir-fry over polenta with a subtle amount of coconut stirred in. It's served for breakfast or a light snack in Southern India, she reports in the recipe headnote. In addition to the curry leaves, black mustard seed and ground turmeric, a mere teaspoon of chana or urad dal gives the mix its regional flair.

Trouble is, there aren't many places that sell small quantities of those dried split chickpeas or split lentils. Curry leaves typically are in short supply even at Indian markets. So just how important are they to this dish?

"The dal are used for texture and color," Agrawal says, and they impart a slight nuttiness. The choice of either chana or urad has more to do with her family's preferences; chana dal are a bit more substantial, and both bring a tiny amount of protein to the party. You don't have to use them or the curry leaves here, she says. But if you do, the author calls for them in some spice blends in the book. And here are a few other ways to use the dal:

- Soak the chana dal for two hours in room-temperature water; they will become quite soft. Drain well and sprinkle them into salads.

- Use the urad dal to make dosas.
- Both dals can be used in your favorite lentil soup recipes; soak them overnight before using. They may take longer to cook than green, brown or red lentils, Agrawal says.

- Grind the dals into a coarse powder, add herbs and fry patties like falafel.

Agrawal likes to serve the vegetable polenta dish with a dollop of yogurt or pat of butter on top, or one of the small-batch pickles her company makes.



Spiced Spring Vegetables and
Coconut Polenta. Photo by
Deb Lindsey/Washington Post

SPICED SPRING VEGETABLES AND COCONUT POLENTA

4 servings

Here's breakfast-for-dinner, South Indian style, with a riff on a traditional vegetable stir-fry called uppittu or upma. Its author tweaked the recipe for her gluten-free friends by using polenta instead of semolina (couscous) as a base. Stirring coconut into it results in a delightfully fluffy texture.

Chana dal are skinned, split black chickpeas (they are

yellow) and urad dal are skinned, split black lentils (they are white). Both, and curry leaves, are available at Indian markets and some well-stocked international aisles of large supermarkets.

Serve with plain yogurt.

Adapted from "Vibrant India: Fresh Vegetarian Recipes From Bangalore to Brooklyn," by Chitra Agrawal (Penguin/Random House, 2017).

Ingredients

1/2 cup unsweetened, grated, fresh, frozen or dried coconut (see headnote)

Hot water, plus 4 cups water, or more as needed

8 ounces asparagus (about 10 stalks)

About 2 ounces sugar snap peas (a good handful)

1/2-inch piece fresh ginger root

1 small serrano pepper or Indian finger chile pepper

4 or 5 red radishes

2 scallions

4 stems cilantro

1 teaspoon salt, plus more as needed

1 cup quick-cooking polenta (may substitute stone-ground cornmeal)

2 tablespoons unsalted butter

1 1/2 tablespoons coconut oil

1 teaspoon black mustard seed

1 teaspoon chana dal or urad dal (see headnote)

5 or 6 fresh curry leaves (optional; see headnote)

1/2 teaspoon ground turmeric

1/2 lemon, or more as needed

Roasted, unsalted cashews, for garnish (optional)

Steps

If you're using frozen or dried coconut, place in a medium bowl and cover with hot water; let sit for a few minutes until defrosted or slightly rehydrated, then drain.

Discard the tough ends of the asparagus, then cut the rest into

1-inch pieces. String the snap peas and cut on the diagonal into 1-inch pieces. Peel the ginger, then grate it. Stem and seed the chile pepper, then mince it.

Trim the radishes and cut into quarters from top to bottom. Trim the scallions, then chop the white and light-green parts. Tear or coarsely chop the cilantro leaves.

Bring the 4 cups of water to a boil in a medium saucepan over medium-high heat. Add the teaspoon of salt, then gradually stir in the polenta; reduce the heat to medium-low and cook, stirring, until it is creamy and lump-free. Stir in the butter and coconut; the polenta should become lighter and fluffier. Partially cover and reduce the heat to its lowest setting.

Heat the oil in medium nonstick skillet or wok over medium heat. Once the oil is shimmering, add a single black mustard seed. If it pops and sizzles, add the rest; have a splatter cover nearby and use it, as needed. Once the popping/sizzling subsides, stir in the chana or urad dal, if using, then reduce the heat to medium-low.

Cook, stirring for a minute or two until the dal's color deepens, then add the curry leaves, if using, and the ginger and chile pepper. Cover quickly to avoid spatters; cook for about 10 seconds, then add the scallions and ground turmeric. Stir-fry for 1 minute, then add the asparagus, snap peas and radishes (to taste). Season lightly with salt. Increase the heat to high; stir-fry for 2 or 3 minutes; if the mixture seems dry, add a splash or two of water. Turn off the heat and add the cilantro.

Divide the polenta among individual wide, shallow bowls or spread across a platter. Top with the spiced vegetable mixture. Squeeze some juice from the lemon half over the top. Coarsely chop or crush the cashews, if using, and sprinkle over the mix. Serve right away.



Pizza gets a smoky flavor from smoked mozzarella, which contrasts with sliced lemon and savory pesto. Photo by Abel Uribe/Chicago Tribune/TNS

You put lemon on pizza? It's good — trust us

The daffodil wakes up, stretches out of the slush and yawns brilliant yellow. Spring will be sprung, shortly.

The edible garden, however, lies deep in sleep. We're months away from plucking lettuce, shelling peas, tying up tomatoes-to-be.

In chilly anticipation, we pull out preserves. Fragrant flowers spun into honey. Brilliant basil, crushed into pesto. Creamy mozzarella, smoked sultry for the long haul.

Sweet and spicy, sharp and soothing, bright and mellow meld into a savory pie. One that's satisfying in any forecast.

SMOKY LEMON PIZZA

Prep: 30 minutes

Bake: 10 minutes

Makes: One 11-inch pizza

1 pound prepared pizza dough

Cornmeal

1/4 cup prepared pesto

6 ounces shredded smoked mozzarella

1 lemon, thinly sliced, seeds removed

Kosher salt

2 tablespoons honey

1/4 teaspoon crushed red pepper

- Heat: Set a pizza stone (or upside-down baking sheet) on the lowest rack of the oven. Heat oven to 500.

- Roll: On a lightly floured surface, roll out pizza dough to an 11-inch circle. Let rest 15 minutes. Generously dust a pizza peel (or the backside of a baking sheet) with cornmeal. Gently set dough round on cornmeal.

- Top: Spread pesto over dough, leaving bare about $\frac{1}{2}$ -inch at the perimeter. Sprinkle with cheese. Scatter on lemon slices. Season lightly with salt. Drizzle with honey. Sprinkle with red pepper.

- Slide: It's not hard to slide the pizza off the peel (or pan) and onto the baking stone, but it takes determination. Open the oven door. Lower peel to about the same level as the stone, with a slight downward angle. Forcefully shove the peel toward the stone, then quickly retract it, letting the pizza slide onto the stone.

- Bake: Let bake until cheese has melted and begun to turn golden, about 10 minutes. Cool 5 minutes. Slice and serve.



By Linda Gassenheimer/TNS

Penne Puttanesca is zesty and quick

Doctor up rotisserie chicken for this quick, Italian meal. Penne Puttanesca is a traditional Italian dish. The zesty tomato sauce is flavored with capers. Anchovy fillets add a special depth of flavor to the sauce. They melt to a paste when sauteed in this recipe. Penne is a quill-shaped short-cut pasta that holds this sauce well. Roasted chicken cut into cubes can be found in the meat section of the supermarket. It's perfect for quick dinners. Any type of leftover meat can be used in this recipe.

A washed, ready-to-eat Italian-style salad with added fresh basil completes the meal.

Helpful Hints:

- Any type of short cut pasta such as fusilli (cork-screw) can be used.
- Anchovy paste comes in a tube and can be used instead of anchovy fillets.

Countdown:

- Place water for pasta on to boil.
- Make Penne Puttanesca.
- Make salad.

Shopping List:

Here are the ingredients you'll need for tonight's Dinner in Minutes.

To buy: 1 bag washed, ready-to-eat Italian-style salad, 1 small package basil, 1 small package penne pasta, olive oil spray, 1 small tin anchovy fillets, 1/2 pound roasted chicken breast, 1 small bottle capers, 1 small bottle/can low-sodium tomato sauce and 1 small piece Parmesan cheese.

Staples: reduced-fat salad dressing, garlic, salt and black peppercorns.

PENNE PUTTANESCA

Recipe by Linda Gassenheimer

1/4 pound penne pasta (about 2 cups)
Olive oil spray
3 medium garlic cloves, crushed
4 anchovy fillets, rinsed under cold water or 1 teaspoon anchovy paste

1/2 pound cooked or roasted chicken breast, skin removed (cut into small cubes)

1 cup bottled, low-sodium tomato sauce

1/2 cup water

2 tablespoons drained capers,

Salt and freshly ground black pepper

2 tablespoons grated Parmesan cheese

Bring a large pot filled with 3 to 4 quarts of water to a boil. Add penne and cook 10 minutes or according to package instructions.

Meanwhile, heat a nonstick skillet over medium-high heat and spray with olive oil spray. Add garlic and anchovies and saute about 30 seconds, without browning the garlic. Mash the anchovy fillets with the spoon as they cook. They will melt into a paste. Add chicken, tomato sauce, water and capers. Blend well. Simmer 2 minutes.

Drain pasta and add to skillet. Toss to coat pasta with sauce. Remove from heat. Add salt and pepper to taste and sprinkle Parmesan cheese on top. Makes 2 servings.

ITALIAN SALAD

Recipe by Linda Gassenheimer

5 cups washed, ready-to-eat Italian-style salad

1 cup fresh basil, washed

2 tablespoons low fat Italian dressing

Place salad and basil in a bowl and add dressing. Toss well. Makes 2 servings.

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nawright@hy-vee.com
3800 Lincoln Way
Ames, IA 50014



Lincoln Center Dietitian
Amy Clark, RD, LD
515-232-1961
aclark@hy-vee.com
640 Lincoln Way
Ames, IA 50010